
The facts

If you answered yes to any of these questions, you may be in an abusive relationship. Now may be the time to think about ways to make yourself safer.

When someone with whom you have an intimate relationship uses physical violence, threats, emotional abuse, harassment or stalking to control your behavior, they are committing domestic violence.

- . Each year 1 million women suffer nonfatal violence by an intimate.
- . It is estimated that within a 12-month period, 4 million adult women in America experience a serious assault by an intimate partner.
- . Almost 1 out of 3 adult women experience at least one physical assault by a partner during their adult life.
- . Violence against women occurs in 20% of dating couples.
- . It is estimated that 3.3 million children are exposed to domestic violence each year.

For additional assistance concerning your safety, call a local shelter to discuss and develop a safety plan. In the meantime, these tips may help you.

During a Violent Outburst

If you are in an argument . . .

- . leave/stay away from the kitchen or other rooms with weapons.
- . stay out of rooms without exits, like the bathroom or a closet.
- . if possible get to a room with an exit and/or a phone.
- . develop a code word or signal for friends, children and neighbors to call the police.
- . call 9-1-1 or the local emergency number.
- . teach your child to call 9-1-1.
- . use your instincts.

For added safety, you can program 9-1-1 (or the local emergency number) into the autodial on your phone.

Have a protective order ?

If you have a protective order . . .

- . always keep at least one copy with you at all times.
- . if your abuser violates the order call 9-1-1 or your local emergency number (you have the right to ask that a police report be filed).
- . give a copy of the order and a picture of the defendant to Security at your job or school.
- . if the children are included on the order, give a copy of the order to their school, daycare or babysitter.

If you plan to leave

If you think you may want to leave, a careful plan is needed to insure safety. Do not let your abuser know of your plans; act as if things are unchanged.

It is important to organize identification cards, money, keys, and any needed legal documents so they are available should you leave in a hurry. The following are suggested items to keep together in case you leave:

- . Driver's License/Picture ID
- . Birth Certificates
- . Social Security Cards/Numbers
- . Health Benefit Cards
- . Welfare Identification
- . Address Book
- . Keys
- . Money, Credit Cards, Checkbook
- . Immunization Records
- . Children's favorite toy and blanket
- . Pack a bag with money, keys and clothing and leave it at someone's house
- . Know the fastest exit from your home
- . Know the closest phone to call for help

If you leave

Leaving an abusive relationship is a very difficult step, one of courage and strength. This step can also be **dangerous** if you do not plan in advance to maintain safety.

The following are suggested actions you can take in order to maintain safety once you have left an abusive relationship.

- . you can obtain a protective order for yourself personally
- . your boss can obtain a protective order for the workplace
- . inform friends, neighbors, daycare/babysitter and coworkers that you are no longer with your abuser, so they can screen your calls or call the police if your abuser shows up
- . provide your daycare/babysitter with a list of people who have permission to pick up your child
- . change the locks on your doors and install a security system
- . avoid social places or stores that you frequented while with your abuser

Most importantly, if you are feeling down, upset, confused, or are considering returning to the abusive relationship, call a local shelter or hotline number. They can help you talk about your feelings and safe options should you return.

Resources

The National
Domestic Violence
Hotline (24 Hour)
1-800-799-SAFE (7233)
OR
1-800-787-3224 (TDD)

Arizona Coalition
Against Domestic Violence
Legal Advocacy Hotline
1-800-782-6400
OR
602-279-2900

Information and Referral
800-799-7739 (in the 602 area)
800-352-3792 (in the 520 area)



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DOMESTIC VIOLENCE SAFETY PLAN

Does your partner/family member ever . . .

- . call you names, criticize you or put you down?
- . control what you do and whom you see?
- . threaten to hurt you or others?
- . make you feel afraid?
- . threaten to or use weapons or objects against you?
- . hit, kick, shove or injure you?
- . force or coerce you to engage in unwanted acts, including sexual acts?

If you are leaving an abusive relationship and have or are getting an Order of Protection or an Injunction Against Harassment due to domestic violence, this pamphlet will give you some options and suggestions to help maintain your safety.